



NAV AIR LAKEHURST



SAFETY AND HEALTH NEWSLETTER

OCTOBER 2002

NAES LAKEHURST PUBLIC SAFETY DEPARTMENT

VOLUME 6, ISSUE 1

FIRE PREVENTION



FIRE SAFETY EXPO

Lakehurst Navy Fire Department

Thursday October 3, 2002

Hangar #1

11:00 am - 2:00pm

COME SEE!!!!

BUSTER from Lakewood Blue Claws

SPARKY the Fire Dog

All kinds of Fire Trucks

Free Food and Drinks for All



Fire Division's Public Fire Education Team reminds you to think fire safety around your homes.

October 6- 12 is Fire Prevention Week.

Fire Safety is important not just at this time of year, but throughout the year and in our daily lives.

Just a few important fire safety tips for you and your family are:

⇒ Remember to check smoke detectors and put fresh batteries in them.

⇒ Don't leave anything you are cooking unattended

⇒ Review or create a fire evacuation plan with your family.

These are just a few fire safety tips to remember. To learn more about fire safety and prevention come to our fire safety expo on Thursday, October 3rd from 11 am till 2 pm in Historic Hangar 1.

Friends and family are welcome



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Do you have any safety related topics you would like to see in our publication or have any questions we can help with? Contact us at X2525.

FIRE FACT:

The peak period for home structure fires (1994-1998) was between 5:00-8:00pm. The period for home fire deaths, however, is between 2:00-5:00am, when most people are asleep.

Source: National Fire Protection Association

CONFINED SPACES

A confined space is one that takes on many definitions but in the workplace, it has special meaning. Anyone who has been in a closet or a room when the lights went out realizes how difficult it is to find a way out no matter how many times you have been in the room. There are lots of hazards and aside from having a panic attack, it is very easy to get injured trying to find your way around.

Many workplaces contain spaces that are considered “confined” because their configurations hinder the activities of any employees who must enter, work in, and exit them. For example, employees who work in process vessels generally must squeeze in and out through narrow openings and perform their tasks while cramped or contorted. OSHA uses the term “confined space” to describe such spaces. In addition, there are many instances where employees who work in confined spaces face increased risk of exposure to serious hazards. In some cases, confinement itself poses entrapment hazards. In other cases, confined space work keeps employees closer to hazards, such as asphyxiating atmospheres or the moving parts of machinery. OSHA uses the term “permit-required confined space” (permit space) to describe those spaces that both meet the definition of “confined space” and pose health or safety hazards.



In “Working in Confined Spaces” published by the National Institute for Occupational Safety and Health, a confined space is defined as “a space which by design has limited openings for entry and exit; unfavorable natural ventilation which could contain or produce dangerous air contaminants, and which is not intended for continuous employee occupancy.”

The human body requires oxygen in order to function. More precisely, the air we breathe ideally should have approximately 21% oxygen. At normal atmospheric pressure at sea level, that is what we can expect. At high altitudes it is sometimes less. That is why it is stressful on the body to breathe at higher altitudes.

Confined spaces have the ability to instantaneously change the atmosphere around us and change the oxygen level we breathe which can cause undue stress on the heart and lungs. When the percentage drops to less than 19.5% the air is considered oxygen depleted which causes the human body to behave differently. If it drops below 16%, the air/space is considered Immediately Dangerous to Life and Health (IDLH). If the oxygen content rises above 22% it is considered an oxygen enriched atmosphere and can be extremely dangerous due to explosion enhancement.

That is why we have instructions requiring people to be trained in confined space entry. That is why we require attendants. That is why attendants are not allowed to perform rescues. Under no circumstances shall an unprotected person enter a space to attempt to rescue a person who may be overcome by toxic gases or oxygen deficiency. Rescue under these conditions shall not be undertaken. Leave the rescue to those who are properly trained.

Before entry, it is necessary to test the atmosphere in the confined space for oxygen levels, flammability, and/or any contaminants that have a potential to be present in that confined space. This testing must be done by a qualified person using equipment which has been approved for use in such areas.

Confined space accidents don't happen often, but when they do, they're usually fatal. Even more alarming is that many confined space incidents involve multiple fatalities. If you are not required or trained to do confined space work you must not enter into these spaces, leave it to the qualified and trained.

WEST NILE VIRUS

About the Virus, the Disease, and Its Spread

West Nile virus is spread by the bite of an infected mosquito, and can infect people, horses, many types of birds, and some other animals.

Most people who become infected with West Nile virus will have either no symptoms or only mild ones. However, on rare occasions, West Nile virus infection can result in severe and sometimes fatal illnesses. There is no evidence to suggest that West Nile virus can be spread from person to person or from animal to person.

Who's at Risk

Q. Who is at risk for getting West Nile encephalitis?

A. All residents of areas where virus activity has been identified are at risk of developing West Nile encephalitis; however, the likelihood of severe disease occurrence increases with increasing age. Persons over 60 years of age are considered at highest risk. It is likely that persons with immune compromising conditions are also at higher risk.

Symptoms of West Nile Virus

Q. What are the symptoms of West Nile virus infection?

A. Most people who are infected with West Nile virus will not have any type of illness. It is estimated that 20% of the people who become infected will develop West Nile fever: mild symptoms, including fever, headache, and body aches, occasionally with a skin rash on the trunk of the body and swollen lymph glands. The symptoms of severe infection include headache, high fever, neck stiffness, stupor, disorientation, coma, tremors, convulsions, muscle weakness, and paralysis.

Q. What is the incubation period in humans (i.e., time from infection to onset of disease symptoms) for West Nile encephalitis?

A. Usually 3 to 14 days.

Q. How long do symptoms last?

A. Symptoms of mild disease will generally last a few days. Symptoms of severe disease may last several weeks, although neurological effects may be permanent.

Q. I think I have symptoms of West Nile virus infection. What should I do?

A. Contact your health care provider if you have concerns about your health.



Prevention

Here are preventive measures that you and your family can take:

- ⇒ Protect yourself from mosquito bites. Spray clothing with repellents containing permethrin or DEET since mosquitoes may bite through thin clothing. Do not apply repellents containing permethrin directly to exposed skin. If you spray your clothing, there is no need to spray repellent containing DEET on the skin under your clothing. The more DEET a repellent contains the longer time it can protect you from mosquito bites. A higher percentage of DEET in a repellent does not mean that your protection is better, just that it will last longer.
- ⇒ When possible, wear long-sleeved shirts and long pants whenever you are outdoors.
- ⇒ Place mosquito netting over infant carriers when you are outdoors with infants. Consider staying indoors at dawn, dusk, and in the early evening, which are peak mosquito biting times.
- ⇒ Install or repair window and door screens so that mosquitoes cannot get indoors.
- ⇒ Help reduce the number of mosquitoes in areas outdoors where you work or play, by draining sources of standing water. In this way, you reduce the number of places mosquitoes can lay their eggs and breed.

The information in this article was taken in whole/part from the Centers for Disease Control and Prevention (CDC) website. For more information on West Nile Virus, the CDC website is <http://www.cdc.gov/ncidod/dvbid/westnile/index.htm>

FROM THE POLICE DESK.... by Sgt. Joe Lima X4041

We get in and out of our automobiles every day and just assume that they are safe and in good working and running condition. There are some safety checks we can make to our automobile that we may not think of everytime we get into the car.

SEAT BELT SAFETY

One Of The Most Overlooked Safety Items On Automobiles Is The Seat Belt

Perhaps one of the most overlooked safety items on automobiles is the seat belt. Most people do not give seat belts a second thought, but they should check them to insure a families safety.

Currently there are not any laws that require automotive seat belt checks on ordinary family cars. However, did you know that seat belts in racing cars must be replaced every other racing season? This is an expensive rule but it keeps every driver safe. Seat belts can rot, seams can deteriorate and webbing can become cut or torn.

It only takes a few minutes to inspect your seat belts. Older vehicles should be closely checked due to age and wear. To check the seat belt retractors you must actually strap in and find a safe spot where you can do a quick stop. While stopping you should feel the seat belts lock so your body weight can not move forward. Once the vehicle comes to a stop the seat belt should be able to be pulled out smoothly and freely.

If the belt fails any of the checks it needs replacement. A quick check of your seat belts could save your life.

Have you Checked Your Tires?

Tires must be replaced when the tread is worn down to 1/16 of an inch in order to prevent skidding and hydroplaning. An easy test: place a penny into a tread groove. If part of Lincoln's head is covered by the tread, you're driving with the proper amount of tread. If you can see all of his head, you should buy a new tire.

Built-in treadwear indicators, or "wear bars," which look like narrow strips of smooth rubber across the tread will appear on the tire when the tread is worn down to one-sixteenth of an inch. When you see these "wear bars," the tire is worn out and should be replaced.

Visually check your tires for signs of uneven wear. You may have irregular tread wear if there are high and low areas or unusually smooth areas.

If you are not sure if your tires need to be replaced then it may be best to take your car to your local tire dealer and just get them replaced. It is better to be on the safe side.

CLICK IT

OR

TICK IT

CPSC, XL Machine Ltd. Announce Recall of Playskool Toy Chests Sold at Target



WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), XL Machine Ltd., of Eden Prairie, Minn., is voluntarily recalling about 3,300 toy chests. Screws in the chests' lid support hinges can loosen over time, and come out from the base of the toy chests. If this happens, the lids of the toy chests can collapse suddenly, possibly causing injuries to children's head, neck, fingers or hands.

CPSC and XL have received one report of screws in the lid support hinge of a toy chest coming out, resulting in one injury, a bruise to the neck.

These blue toy chests measure 18.5-inches by 12-inches by 12- inches, and were sold under the Playskool brand name. On the toy chest lid top are depictions of "Mr. and Mrs. Potato Head" characters and the "PLAYSKOOL" logo. The front panel has a "Glow Worm" figure and a dog. The bottom of the toy chests contains "DISTRIBUTED BY: XL MACHINE LTD, MINNEAPOLIS, MN 55347." The chests were made in China.

Target stores sold the toy chest nationwide from October 2001 through December 2001 for about \$50.

Consumers should take these toy chests away from young children immediately and return them to the Target store where it was purchased for a refund or store credit. For more information, contact XL Machine toll-free at (866) 746-8097 anytime, or go to Target's web site at www.target.com

CPSC, Black & Decker Announce Recall to Repair Table Saws

WASHINGTON, D.C. - In cooperation with the U.S. Consumer Product Safety Commission (CPSC), Black & Decker (U.S.) Inc., of Towson, Md., is voluntarily recalling about 6,100



table saws. The motor housing on the saw may crack, posing a risk of electric shock to consumers.

Black & Decker has not received any reports of injuries. This recall to repair is being conducted to prevent the occurrence of injuries.

The recall involves 10-inch table saws, made in Taiwan, with the model number BT2500 and dates codes 200128-CT through 200148-CT. The model number and date codes are located on a name plate on the front panel above the power switch. The saw is grey with an orange front panel. The name "Black & Decker" is located on the lower right hand portion of the front panel.

Home centers and hardware stores nationwide sold the table saws from August 2001 through April 2002 for about \$400.

Consumers should stop using these table saws immediately, unplug them, and call Black & Decker at (866) 357-0324 between 8 a.m. and 4:30 p.m. ET Monday through Friday to arrange for a free repair. For more information, consumers can log on to the company's website at www.blackanddecker.com.

No other Black & Decker table saws are involved in this recall to repair.

For more information on the current or any past recalls visit CPSC's homepage at <http://www.cpsc.gov/>

HAZARD
ALERT



HALLOWEEN SAFETY



- ⇒ Children should go out during daylight hours and should be accompanied by a responsible adult.
- ⇒ Plan a safe route so parents know where their older kids will be at all times. Set a time for their return home. Make sure that your child is old enough and responsible enough to go out by themselves.
- ⇒ Let your children know not to cut through back alleys and fields. Make sure they know to stay in populated places. Stay in well lighted areas.
- ⇒ Stop only at familiar houses in your own neighborhood unless they are accompanied by an adult.
- ⇒ Small children should never be allowed to go out alone on Halloween. Make sure an older sibling or adult is with them.
- ⇒ Instruct your children not to eat any treats until they bring them home to be examined by you.
- ⇒ Instruct your child to never go into the home of a stranger or get into their car.
- ⇒ Make sure your child carries a flashlight, glow stick or has reflective tape on their costume to make them more visible to cars.
- ⇒ Let them know that they should stay together as a group if going out to Trick or Treat without an adult.

Have a Safe and Happy Halloween!!



ARSENIC AND OLD WOOD

Everyone is familiar with pressure treated lumber. It's that greenish wood used on outdoor decks and play sets for your kids.

Lately, there has been a lot of misinformation about what you need to be concerned with when it comes to that lumber, which is treated with chemicals that include toxic arsenic.

Removing it from your home is not necessary. To date, no one has documented any long-term health risks associated with exposure to the chemicals in treated lumber. Just the same, manufacturers have decided to play it safe. It was recently announced in connection with the Environmental Protection Agency that by the end of next year, lumber treated with arsenic no longer will be sold.

So where does this leave you? Fortunately, with plenty of better pressure-treated alternatives from which to choose. The only difference is that they are 100% free of arsenic as well as chromium (another EPA regulated toxin) so that should give you greater peace of mind as you install pressure-treated wood around your home.

The most popular alternative is ACQ (alkaline copper quaternary). It has been available for several years and is used in Europe. Another is the newer, equally effective copper azole.

One caution: Both ACQ and copper azole are corrosive to bolts and nails used to fasten the wood. To prevent deterioration, the manufacturers recommend using hot-dipped galvanized steel fasteners or more expensive stainless-steel ones. Anything less durable could quickly corrode, and the structure could collapse.

As always, change comes at a cost. Expect to pay about 15% to 20% more for this alternative wood. If your local lumberyard does not yet stock it, have them order it for you.

As for your existing decks or outdoor landscaping built with pressure-treated wood, you may want to consider simply coating it with a penetrating oil-based sealer. Not only will that trap any arsenic that may leach out, but it also will help extend the life of the wood. In fact, it is recommended sealing all wood you use outdoors.

With the right care, pressure-treated wood, no matter what formula it's made from, should last a lifetime.